

SYLVIA JOURNEAUX



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25

DEE L W O R K NETWORK

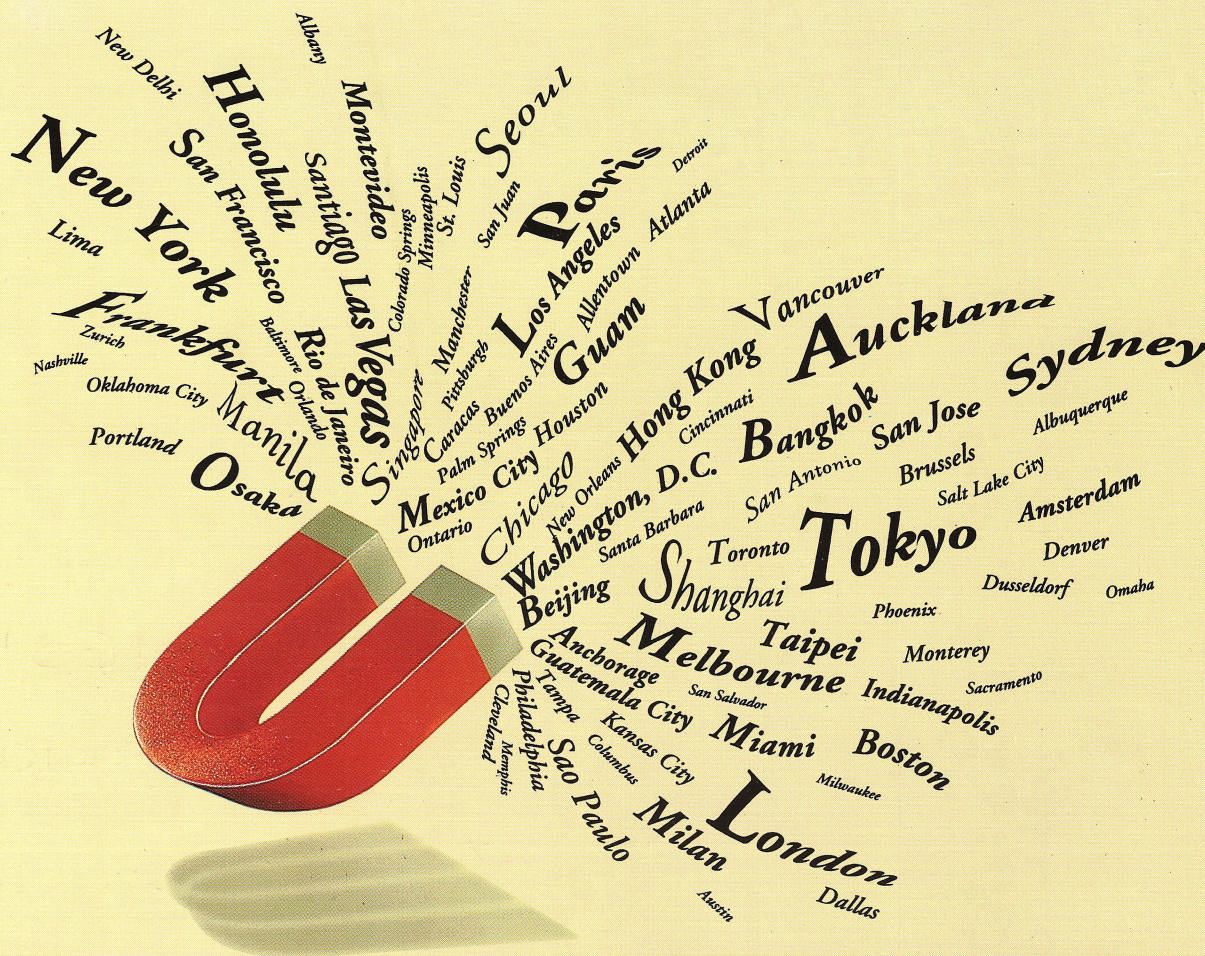
MESH
CHICKEN

NOVEMBER 1999

Nov 20
Shopping
Budget
Nov 24
Resaltine
entire
14 lunch

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Delhi Network

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Newsletter	Vicki Fennessy	680-8993/1205
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs	Jackie van Ommen	680-2136
Social	Asha Nanavati	623-8162

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Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

Dear Delhi Network Members,

Another month has gone by, bringing us closer to Christmas—for those of you going back home or on holidays, we wish you a merry one. For those of us staying in Delhi, join us for our morning tea gathering on the 21st December at the Hyatt. At the time of writing, it was being mooted that we have it outside by the pool. This is in the planning stages, so bring along a wrap just in case! I know it sounds strange to be talking of being cool during the day, but it is coming, we can feel it in the air at night now, so before you know it.... You'll be talking about looking forward to some heat again!

We hope you all enjoyed Diwali and didn't lose too much at those gambling parties. The candles everywhere, including all around our house, were divine, but I could certainly do without the fireworks, exciting though they sound at times.

Thanks go to Erika Wilson for her bird report from Kerala; to Buzz for his article and to other members for their contributions. If any of you have nice articles about Christmas, please leave a copy at the office or email as below so we can put it in the December newsletter.

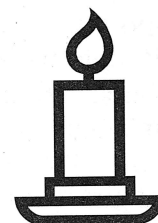
Naturally, we thrive on articles we receive from our members, on any topic whatsoever (well, almost!) If there's something you'd like to share with us, please drop it off at the office.

The newsletter editors can be reached by phone or by email:

Vicki: vfennessy@hotmail.com

Heather: heatherodarcy@hotmail.com
(phone 467-9864)

VF/The Editors/November 1999



Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. If you miss a meeting, you can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

The new Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter.

From Your President

Dear Friends,

Autumn is my favourite time of the year with cool, crisp nights and warm hazy days (I know, the reality here is cooler nights, still hot days but we do have haze!). This has always been a time of reflection for me. But before I start reflecting too grandly, there are a few events coming up that I would like to tell you about.

We are having a Christmas Party and Dinner the evening of December 16. This is a wonderful time to meet people and begin new friendships! Our seating is limited so make sure you get your tickets soon! We are going to have a meeting on Tuesday December 21. I think calling it a "Delhi Network Gathering" might be an appropriate name. There will be no vendors, no program. ...just good people meeting good friends right before Christmas. The number of us still in town will be small but the importance of our getting together especially for newcomers will be great and give all of us a warm glow! The Lunch Bunch and Shopping Brigade will be in full force this month. Make sure you sign up at the meeting or call the office and reserve a spot. You'll have a fun time! Again, great activities for the newcomer but the old-timers enjoy it too. The more the merrier!

I once said, not too long ago, that to experience life's challenges is a blessing. As we go through life bouncing from one crisis to another, we learn to filter out those things that don't have the significance that we once thought. As we get older, we get closer and closer to understanding what is truly important in our lives. Family would certainly rank up at the top for most, if not all of us. Many are fortunate to have their immediate family with them, others have children many miles away, grown or in school. Most of us do not have our extended families near by. Delhi Network is about as close to family as we can get. Through Delhi Network, we meet each other not only through our meetings but also by the smaller group activities that go on throughout the month and establish special friendships that just "click". And newcomers can call any member and find instant support, an instant friend!

I have found the dedication and hard work of the board members, the EXCELLENT suggestions for improvement that you have made and the 115 of you that have volunteered to help far exceeds my expectations! Any time we meet our expectations we can consider ourselves lucky. But to exceed them is indeed a rich blessing!

Since many of us will be leaving shortly for the holidays, let me wish each of you a Happy Hanukah, a Merry Christmas and a memorable millennium New Year's celebration. Some of us will be staying here and many of us will be travelling to far away places. Wherever we are, let's remember that together, as different as we are, we form a caring, supportive family away from home. It will be GREAT to see you all again in January 2000!

**Merry Christmas, Zalige Kertfeest, Feliz Natal, Sheng Tan Kuai Loh, Glaedelig Jul,
Happy Christmas, Hauskaa Joulua, Joyeux Noel, God Jul, Frohliche Weihnachten,
Eftihismena Christougenna, Nodlig mhaith chugnat, Buon Natale, Feliz Navidad,
Hartelijke Kerstroeten, Gledelig Jul, Boze Narodzenie, Boas Festas, Sarbatori vesele,
Hristos Razdajetsja, Sretan Bozic, Srecen Bozic, Felices Pascuas, Nadolig Llawn!!!**

Leigh Ann

Neighbourhood Co-ordinators

Support Groups by Nationality

Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.

American Women's Association (AWA):

American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.

Australia and New Zealand Association:

Call Rose McCarthy 687-3813

British Expats Group:

Contact Sylvia Johnson on 460-3851.

Nederlandse Vereniging New Delhi:

Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951 (off)/614-9704(res).

NLRA (Nordic Association)

Contact names:

Helena Sagar (Sweden) 614-9611
Anne Laipil (Finland) 614-4602
Kirsten Callinggaard (Denmark) 689-2401

Nina Husemoen (Norway) 621-8999
A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.



AREAS	CO-ORDINATOR	PHONE
Vasant Vihar/ Vasant Kunj	Vacant	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819
Chanakyapuri Barakamba Road	Vacant	
Greater Kailash I & II Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant	
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant	
Pansheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Goretti Robertson	623-7809
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Josephine Feasey	693-4128
Sainik Farms	Martine Walsh	696-0829
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Wilma Burrows	556-4433 506 98100-05816

For more information, please contact Leigh Ann Atwood on 614-0312.

Neighbourhood Meetings

Chattarpur Chatters

The CC is a group of international expatriate women who live in the Chattarpur area and meet once a month to socialise and exchange ideas and discoveries about the area. Call Monica Modak on 680-9365 or Pachi Kirpalani on 680-5468 for info about upcoming events.

Bijwasan, Rajokri, Supriya Vihar, Gurgaon

There is always a monthly meeting in this area, so if you've newly arrived and want to meet some lovely people, call Wilma Burrows on 556-4433, mobile 98100-05816.

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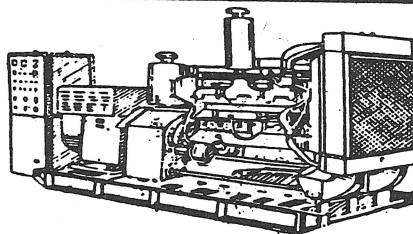
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Dates for Your Diary

Tuesday, November 16

Delhi Network Meeting



10 am

Hyatt Regency Ballroom

Tuesday, November 16

AWA's Glimpses of India Lecture Series

Hindi Cinema

7.30 pm Drinks and Dessert

8.00 pm Programme (45 mins)

At the Pernell's house – 17A Prithvi Raj Marg
(please park around the corner on Amrita Shergill
Marg). Everyone is welcome.

Sunday, November 21

Food – New Orleans Festival, the Café, Hyatt
Hotel

Monday, November 22

Food – Sushi and Sashimi – TK's, Hyatt Hotel

Wednesday, November 24

Delhi Network Lunch Bunch



Basil and Thyme, Santushti Shopping

Complex, New Wellington Camp

11.45 am – Sign-up sheet at Delhi Network
office, or call the office and ask to have

your name put down

Thursday, November 25

Fusion Music – Tarang, a harmonious combination
of different streams of music based on
Indian and Western Classical Canons and
Folk Themes.



Habitat World, 7 pm**

Saturday, November 27

DCWA International Bazaar



Ashoka Hotel, 11 am – 5 pm

Delhi Network Shopping Brigade will
meet and explore together – sign up at the
office or call and have your name put down

Saturday, November 27

Othello in Manipuri dance form presented by
the International Centre for Kathakali.
Habitat World**

Saturday, November 27

St. Andrews Ball – contact British High Commission
CLO to see if /how you can get tickets

Saturday November 27

ACSA Function – Marine Ball***

Sunday, November 28

Food – Tarts & Strudels Extravagance, Tea
Lounge, Parkroyal

Sunday, December 5

AWA Christmas Mela, 11.00 am – 4.00 pm

American Embassy School Playing Field



Delhi Network Shopping Brigade will
meet and browse together – sign up
sheet at the office or call and have your
name put down

Tuesday, December 21

Delhi Network Gathering

10 am



Hyatt Regency Ballroom

An informal gathering for coffee and a
chat for those of us still in town

Sunday, December 31

The American Embassy invites the Delhi Diplomatic and
International communities to share the **LAST PARTY
OF 1999** at the Hyatt Regency Ballroom. Bar opens
at 8.30, dinner at 9.30. Complimentary bottle of
champers on each table, DJ and a special room rate if
you want to stay overnight at the Hyatt. Tickets
available until Dec. 10 at the CLO office (Pansheel
Marg Gate) phone 419-8754.

N.B.** For showings at Habitat World, call 4691920 and ask for
Program Desk extension 3095 to confirm schedule and timings, or
check the daily newspaper. All tickets, reservation slips can be
collected from Programme desk, Convention Centre Lobby.

*** For ACSA functions, these are definitely ticketed, so call
Cheri Pendergraft for tickets or further information on how you can
attend (ph: 419-8000, ext.8717).

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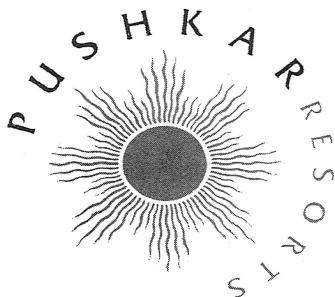
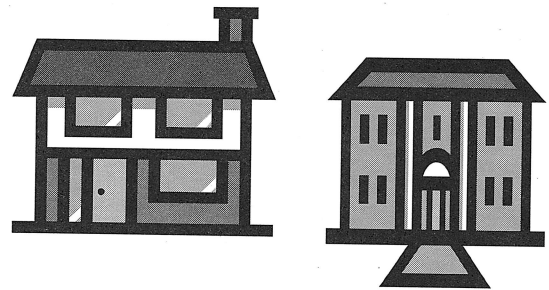
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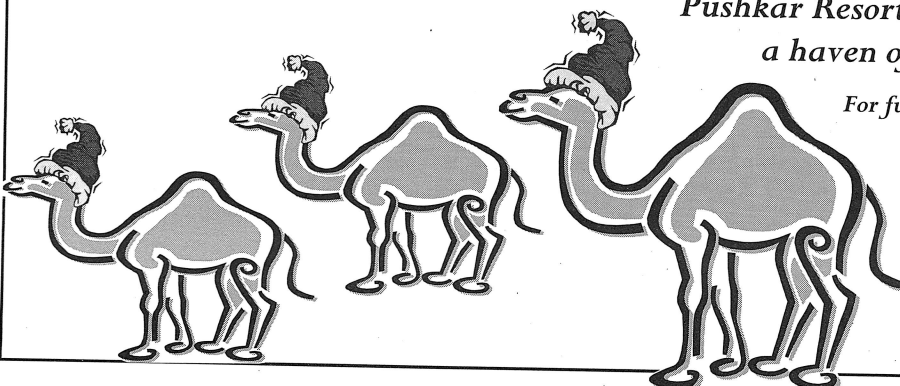
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India's Wonderful Birds

By Erika Wilson

We recently returned from a long weekend on the backwaters of Kerala, during which we cruised the watery landscape in a delightful palm and bamboo houseboat. I noted 65 bird species, many in vast flocks feeding in the extensive rice fields that stretched away to the horizon on every side. Dry land with trees and bushes was scarce, so we saw very few "land birds", the sorts of birds we see every day in Delhi's gardens and parks. Instead we had plenty of "waterbirds" that make their living in wetlands, be it canals, rivers, lakes, or paddyfields. Here are some of the highlights of our trip.

Even though there was water everywhere, we found only one duck species in the Alapphuza area; a few **Spot-billed Ducks** (*Anas poecilorhyncha*), India's alternative to the ubiquitous Mallard. They were easy to spot because their large white wing patches were visible from quite a distance. Another surprise was finding only one stork, a single **Asian Openbill** (*Anastomus oscitans*) among the thousands of birds we saw each day. On the other hand, there were herons and egrets by the hundreds, of nine different species, as well as some grebes, ibis, cormorants, and darters.

Another group of birds we found by the hundreds were shorebirds, many of them newly arrived migrants from Russia and Siberia who will spend the winter in India. Most prominent were the large, doe-eyed **Asian Golden-Plovers** (*Pluvialis fulva*) stepping gracefully through the drier paddyfields that had been harvested, but which were damp from daily rain showers. Probably the most common shorebirds were the long legged **Wood Sandpipers** (*Tringa glareola*); looking very alert as they patrolled the wetter rice fields for invertebrates on their yellow stilt legs. The smallest among the seven species of shorebird we noted was **Temminck's Stint** (*Calidris temminckii*). Its small, short bill doesn't allow it to probe very deeply, so a Temminck's Stint's main feeding strategy is picking small food items from the surface.

Flying overhead, ready to plunge into the water for a tasty fish, were four types of tern. Over ninety percent were **Whiskered Terns** (*Chlidonias hybridus*) in large swirling flocks that reminded me of snowflakes drifting. Now that would be something—snowflakes in tropical Kerala among the coconut palms. I found two immature **Common Terns** (*Sterna hirundo*) in a flock of

Whiskered Terns, this species has a world-wide distribution and I have seen them in many countries besides India. At Cochin, next to the sea, we also saw a single **White-winged Tern** (*Chlidonias leucopterus*) and a flock of the large **Great Crested-Terns** (*Sterna bergii*), their lemon yellow bills flashing in the sunlight.

With pure white heads and chests atop bright rust bodies, the adult **Brahminy Kites** (*Haliastur indus*) circling over the paddyfields were spectacular. I was happy to see an equal number of the drabber immature birds, indicating a successful breeding season for these birds. The other raptor we saw hunts by quartering low over the drier rice fields and other grassy areas such as airports. We noted several female **Western Marsh-Harriers** (*Circus aeruginosus*), separated from males by their totally dark brown plumage, save for their straw coloured crowns and throats, hunting for rodents at both Alapphuza and Cochin.

As expected, there were lots of kingfishers along the canals. Our boatman said there were four kinds; we saw three of them during the weekend. A few iridescent turquoise jewels, **Common Kingfishers** (*Alcedo atthis*), streaked across the water on several occasions, while **White-throated Kingfishers** (*Halcyon smyrnensis*) were everywhere, perched on wires, palm fronds, and stakes. I was particularly delighted by having good looks at the large **Stork-billed Kingfishers** (*Pelargopsis capensis*) that were also hunting for fish

along the canals. Their enormous red bills make them look quite top heavy, but they manage to stay upright nonetheless.



Swooping overhead were both **Ashy Woodswallows** (*Artamus fuscus*) and **Barn Swallows** (*Hirundo rustica*), taking small insects in mid-air as they skimmed along. The Ashy Woodswallow is a year round resident, but the Barn Swallows are another migrant to come to India's warmer climes for the winter. There are certainly plenty of insects for them to eat in the backwaters of Kerala, where there are 300 kilometres of criss-crossing canals connecting lakes and rivers, as well as providing irrigation water for the endless rice paddies.



Notice board

PLEASE FEEL FREE TO CONTRIBUTE ANYTHING TO THE NOTICE-BOARD FOR NEXT MONTH'S ISSUE BY DEC. 02nd CALLING HEATHER D'ARCY ON 467-9864 OR LEAVE AT THE DELHI NETWORK OFFICE AT THE HYATT.

H&M Hennes & Mauritz, a Swedish retailer of garments with over 600 own stores in Europe, requires someone to work with our Code of Conduct in north India.

The job entails supplier evaluation and follow-up of issues such as workers rights, working conditions, safety in factories and under-aged labour. It also implies ensuring that our suppliers comply with the Code of conduct which they have signed.

The applicant should have good judgement and common sense, be flexible and able to work independently, have good knowledge of English and be able to communicate with suppliers verbally and also to prepare written reports.

Please call our Delhi Office, Hannele Strang or Joakim Hammar for further details.
Phone 619-6552, 619-4771

Buzz Burza and his wife, Vidhu Ganjoor (of Kashmeri origin) are both AWA members as well. They will have a showing at the Christmas Mela on December 5th. They have developed from antique Kashmeri art forms unique decorative frames using pieces of 'ari' work (golden thread embroidery), embroidery, jamovar, kani, embroidered shawls, crewel work and raw papier mache. They will also have antique Jamavar, kani and embroidered pieces appliqué on old ruffel or pashmina on scarves, stoles and shawls, framed pieces of antique Persian as well as British Raj jail carpets representing their motifs as well as hand crafted mirror frames and old wooden boxes. All at affordable prices!
Buzz & Vidhu @ 220-9129 or 223-0415.

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10am-12 noon on Mondays at A-22 West End.
Commencing 29 November
Cost Rs.100 per lesson for 10 lessons, all proceeds go to charity.
Call 615-3410 – Tricia Yu

Holographic Repatterning

Have you ever heard of Holographic Repatterning? Chloe Faith Wordworth, the developer of this Technique is coming to India in late January (28th, 29th and 30th) to conduct one complete course of this new and dynamic system of self-healing, which enables us to identify and transform the unconscious patterns that underline our pain, sickness, unworkable relationships, career issues and other life problems.

Prama Bhandari will hold two workshops to explain about this new technique, on different places, dates and timings to enable more people to attend:

November 30th from 3:00 pm to 4:30 pm at 3, Dharam Marg
December 7th from 6:30 pm to 8:00 pm at 9, Padmini Enclave, Hauz Khas

Free admission for the two informative workshops by prior registration. For reservations call Prama Bhandari at 686 28 07 (from 8 to 10 am and from 5 to 7 pm)

Dolores Feliu

Reiki

Traditional Reiki Master Prama Bhandari, who is recommended by Paula Horan (who originally introduced Reiki to India), will be conducting the following Reiki classes:

Reiki level I: December 11th-12th
Reiki level I: February 5th-6th
Reiki level II: February 26th-27th

Time: 10 am – 5 pm both days
Price: Reiki I: 1000 Rupees (lunch included)
Reiki II: 1500 Rupees (lunch included)
Venue: In very pleasant and quiet surroundings at 9 Padmini Enclave, Hauz Khas
Telephone: 6862807 (only 8 am – 10 am and 5 pm–7 pm)
These classes are non-commercial and the fees are used to offer free Reiki treatment to poor cancer patients.

Dolores Feliu

Notice board

DELHI NETWORK BY-LAWS WILL BE AMENDED IN THE NEW MILLENIUM

IF ANY MEMBERS HAVE IDEAS THEY WOULD LIKE INCLUDED OR WISH TO BE INVOLVED IN SOME WAY, PLEASE LEAVE A NOTE IN THE PRESIDENT'S TRAY AT THE DELHI NETWORK OFFICE

NEW DELHI NETWORK DIRECTORY

As per the norm in the past couple of years, we will soon be printing our annual Directory, hopefully ready for the December meeting. For those of you who have not yet had time to renew your membership, please do so as soon as possible so you don't miss out on being listed.

Due to the fairly high turnover of expats, it may be necessary to bring out the Directory bi-annually in future, so that will be the aim in 2000

Need an Excellent Cleaning Lady IMMEDIATELY??

She's very honest and hard working, and will cook also if needed. She would like to stay in the Vasant Vihar/ Shanti Niketan area and needs quarters. Very good references.

Contact Joan 688-2898 or mobile 98100 54535

DELHI NETWORK WILL STILL HAVE A DECEMBER MEETING!!!!

Yes, we will still meet on the third Tuesday of December, although we imagine it may be a much smaller meeting than normal as school will be out and lots of folks will go away. However for those of us still in town, let's make it a cosy and chatty one.

We'll dispense with the formalities and just meet, have a coffee and network!

COOK/HOUSEKEEPER COUPLE NEEDING JOBS FROM LATE DECEMBER 1999/ JANUARY 2000

Jahannan and Sumin Rajan have been working for our family for the past year. We are leaving Delhi in December 1999. I highly recommend the Rajan couple. **Mr. Rajan** is an excellent cook of Indian (North and South), European and Chinese food and will willingly and accurately follow any recipe given to him. He is an intelligent, helpful, cheerful and honest man, with upright morals. He is good with children. He is able to handle large dinner parties with enthusiasm and efficiency. He does all the household shopping, plans meals, phones electricians and artisans when needed, takes accurate telephone messages and does minor repair jobs around the house. His English is excellent. He willingly works overtime.

Sumin is a quiet, pleasant and honest housekeeper. She keeps a very clean house, irons and washes clothes well, and never complains.

Her English is poor, but Rajan explains things to her when needed. On special occasions she has cooked South Indian food for us and it has always been of a high standard. I highly recommend this couple. If interested in employing the Rajan couple, please contact Mr. or Ms Cross at 680-9159 or 680-1927 (w) 469-0488 or 469-7762

WANTED : BRIDGE PLAYERS

If you're interested in playing Bridge in a non-serious way, please call

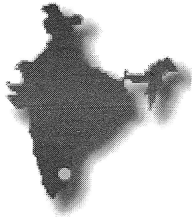
Brigitte Rasler, phone 680 9218, 680 9220
Cell 98100 30587

DRIVER NEEDS JOB FROM LATE DECEMBER 1999 / EARLY JANUARY 2000

Budh Singh has been our driver in Delhi, since we arrived just over a year ago. We are leaving Delhi in December 1999.

Budh is an honest, helpful man who speaks fairly good English. He drives skilfully and knows Delhi extremely well. He is always willing to work overtime.

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TRANQUEBAR IN TAMIL NADU

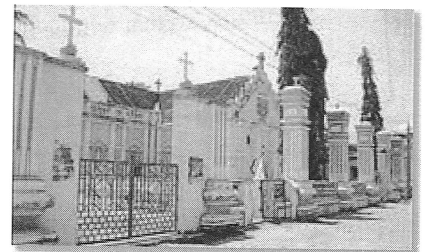
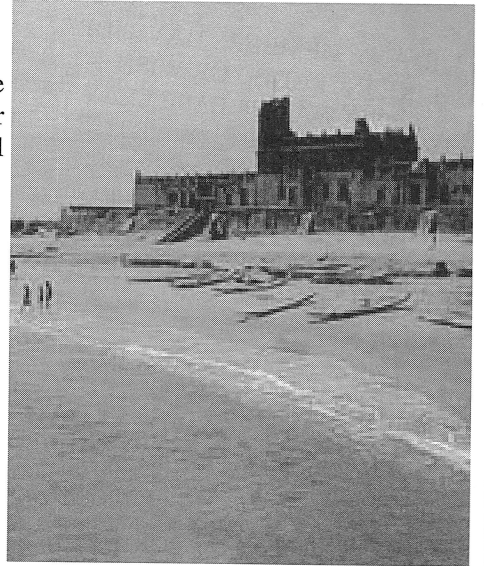
Where the Vikings landed in India

Among the colonial powers who once traded out of India were the Danes. They were not as aggressive as the Portuguese, Dutch French and British and so their Indian connection has almost been forgotten. But a small fishing village in Tamil Nadu still bears witness to a little known chapter of Indian history.

The original name of the village was probably Tarangambadi, 'The Wave Village' and this is the name by which it is again known today. But the trading Danes, who landed here in the early 17th century, changed it to one that tripped more easily off their tongues. They called it Tranquebar.

Interestingly, the treaty between the local ruler, Raghunath Naik and the King of Denmark, signed on November 19, 1620, incorporated Naik's assurance that "We are committed always to defend and favour the subjects of the King of Denmark... and we shall never tolerate that they be oppressed because of their faith."

Today, more than 370 years later, there is standing testimony to this assurance in the form of the beautiful New Jerusalem Church, a serene, white, tiled, shrine bearing the royal crown on its facade and the year 1718. The churchyard also holds the grace of the first Danish missionary, Bartholomaeus Zeigenbalg.



Fastfacts

Access

Tranquebar is accessible from the temple town of Chidambaram - about 50 km. from the airport, railhead and seaport of Madras - 280 km. Tourist taxis and buses from Madras and Chidambaram.

Accommodation

Good accommodation available nearby at Chidambaram.

The royal Danish insignia graces the imposing gate which leads still known as King's Road, arrowing down to the sea. At the far memorial to the landing of the Danes and, to the right of, it is the Dansborg built the year the treaty was signed. There is a has largely marine exhibits and a list of the Danish ships which sailed into this trading colony. Equally interesting, however, are the pillared houses built by the Danes in Tranquebar.



to the hamlet's high street, end of this road is a old fort known as museum in the fort which

Significantly, when Danish historian Sven Frokjaer - Jensen visited Tarangambadi in 1993, he remarked: "Tranquebar today is like a Danish town 45 year ago."

India on the Internet can be found at <http://www.allindia.com/tourism/places/default.asp>

WOMEN

Women have strengths that amaze men.

They carry children, they carry hardships, they carry burdens but they hold happiness, love and joy.

They smile when they want to scream. They sing when they want to cry.

They cry when they are happy and laugh when they are nervous. Women wait by the phone for a "safe at home call" from a friend after a snowy drive home.

Women have special qualities about them.

They volunteer for good causes.

They are pink ladies in hospitals, they bring food to shut ins. They are childcare workers, executives, attorneys, stay-at-home moms, biker babes and your neighbours.

They wear suits, jeans, and they wear uniforms.

They fight for what they believe in.

They stand up for injustice.

They are in the front row at PTA meetings

They vote for the person that will do the best job for family issues.

They walk and talk the extra mile to get their children in the right schools and for getting their family the right healthcare. They write to the editor, their congressmen and to the "powers that be" for things that make for a better life.

They don't take "no" for an answer when they believe there is a better solution.

They stick a love note in their husband's lunch box. They do without new shoes so their children can have them.

They go to the doctor with a frightened friend.

They love unconditionally.

Women are honest, loyal, and forgiving.

They are smart, knowing that knowledge is power. But they still know how to use their softer side to make a point.

Women want to be the best for their family, their friends, and themselves.

They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a new marriage. Their hearts break when a friend dies. They have sorrow at the loss of a family member, yet they are strong when they think that there is no strength left.

A woman's touch can cure any ailment.

They know that a hug and a kiss can heal a broken heart. She can make a romantic evening unforgettable. Women come in all sizes, in all colours and shapes. They live in homes, apartments and cabins. They drive, fly, walk, run or e-mail you to show how much they care about you.

The heart of a woman is what makes the world spin!

Women do more than just give birth.

They bring joy and hope.

They give compassion and ideals.

They give moral support to their family and friends. And all they want back is a hug, a smile and for you to do the same to people you come in contact with.

Women have a lot to say and a lot to give.

This was sent to you by someone who respects you as a woman and who sees many of your qualities in this letter.

Why not pass it on to someone you recognise and know? Not a chain letter or anything like that, just a note of appreciation to some wonderful females.....

This was submitted by Donna Aird (an ex-President of Delhi Network, currently residing in Singapore) via Heather Darcy

DELHI NETWORK

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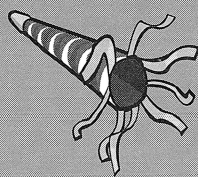
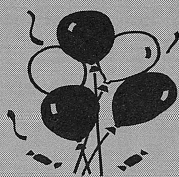
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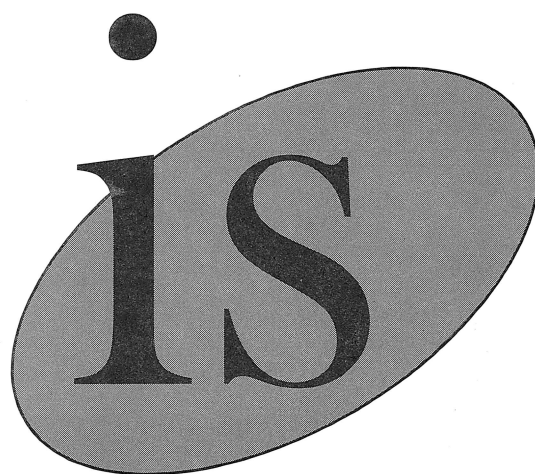
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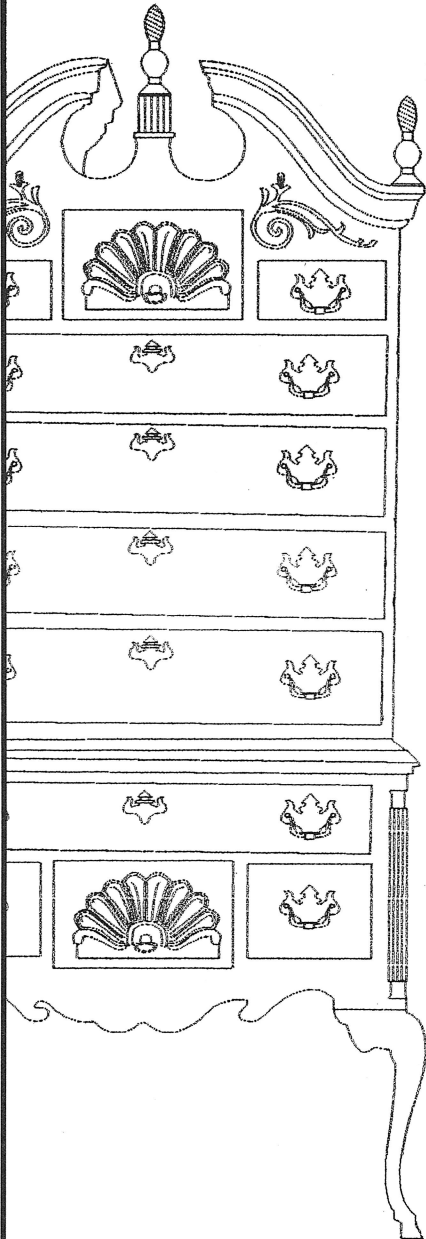
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JACKIES QUIZ

The juggler

A 78-kilo juggler has three bowling pins each weighing 2 kilos. He comes to a bridge that cannot support more than 80 kilos. Can he cross the bridge while juggling, without it collapsing?

- (a) No, this is not possible
- (b) Yes, if he throws the pins high enough
- (c) Yes, if he always keeps two pins in the air

See page 31 for detailed answer.

Occasionally, airline attendants make an effort to make the in-flight safety lecture and their other announcements a bit more entertaining. Here are some real examples that have been heard or reported:

"Last one off the plane must clean it."

As the plane landed and was coming to a stop at Washington National, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"

"There may be 50 ways to leave your lover, but there are only 4 ways out of this airplane..."

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile, and give them a "Thanks for flying XYZ airline." He said that in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally everyone had gotten off except for this little old lady walking with a cane. She said, "Sonny, mind if I ask you a question?"

"Why no Ma'am," said the pilot, "what is it?"

The little old lady said, "Did we land or were we shot down?"

Another flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."



CULTURE



INDIAN CLOTHING

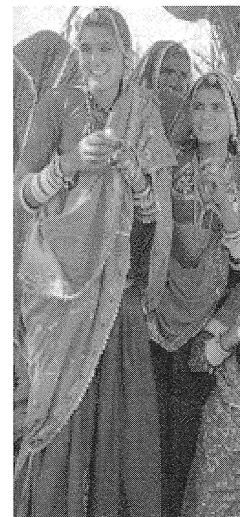
To the foreign traveller, one of the powerful attractions in India is the colourful and diversified attire of its people. The silk saris, brightly mirrored cholis, colourful lehngas and the traditional salwar-kameez have fascinated many a traveller over the centuries.

For a single length of material, the sari must be the most versatile garment in existence. It is only one of the many traditional garments worn by women, yet it has somehow become the national dress of Indian women. A sari is a rectangular piece of cloth which is five to six yards in length. The style, colour and texture of this cloth varies and it might be made from cotton, silk or one of the several man-made materials. The sari has an ageless charm since it is not cut or tailored for a particular size. This garment can fit any size and if worn properly can accentuate or conceal. This supremely graceful attire can also be worn in several ways and its manner of wearing as well as its colour and texture are indicative of the status, age, occupation, region and religion of a woman.

The tightly fitted, short blouse worn under a sari is a choli. The choli evolved as a form of clothing in 10th century AD and the first cholis were only front covering; the back was always bare. Bodices of this type are still common in the state of Rajasthan.

Apart from the choli, women in Rajasthan wear a form of pleated skirt known as the ghagra or lehanga. This skirt is secured at the waist and leaves the back and midriff bare. The heads are however covered by a length of fine cotton known as orhni or dupatta.

Another popular attire of women in India is the salwar-kameez. This dress evolved as a comfortable and respectable garment for women in Kashmir and Punjab, but is now immensely popular in all regions of India. Salwars are pyjama-like trousers drawn tightly in at the waist and the ankles. Over the salwars, women wear a long and loose tunic known as a kameez. One might occasionally come across women wearing a churidar instead of a salwar. A churidar is similar to the salwar but is tighter fitting at the hips, thighs and ankles. Over this, one might wear a collarless or mandarin-collar tunic called a kurta.



Though the majority of Indian women wear traditional costumes, the men in India can be found in more conventional western clothing. Shirts and trousers are worn by men from all regions in India. However, men in villages are still more comfortable in traditional attire like kurtas, lungis, dhotis and pyjamas.

The traditional lungi originated in the south and today it is worn by men and women alike. It is simply a short length of material worn around the thighs rather like a sarong. A dhoti is a longer lungi but with an additional length of material pulled up between the legs.

Pyjama-like trousers worn by the villagers are known as the lenga.

Indian dressing styles are marked by many variations, both religious and regional and one is likely to witness a plethora of colours, textures and styles in garments worn by the Indians.

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In agony they linger
In silence they die"*

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DID YOU KNOW THAT

DELHI COMMONWEALTH WOMEN'S ASSOCIATION

Was founded in 1952 to enable members of the Commonwealth to meet each other and Delhi residents, to learn Indian culture and customs through talks and social gatherings. However:

Social Services

The members recognised that there was a more important need, to help various underprivileged groups in the city. Over the years the DCWA has helped many people and organisations in a variety of ways from buying wheel chairs, artificial limbs and callipers for shoes, sewing machines and bicycles. DCWA now donates to a variety of worthwhile organisations and needy individuals and many children have been awarded educational scholarships. A knitting project, "Jhuggi Jumpers" has gathered international support and kept many children warm during winter months.

Medical Centre

Perhaps the DCWA's greatest achievement is its MEDICAL CENTRE at Zamrudpur. This 'clinic' began in a hut with a few members some 15 years ago. At the time Zamrudpur was an under developed area of jhuggi or slum dwellings. The clinic was set up to provide medical treatment and drugs virtually free of charge to destitute families twice weekly. From these very humble beginnings it has grown into a large purpose-built clinic open six days a week treating over 2000 people per month. At least two doctors are always available for general consultation. Nursing treatment, drugs, physiotherapy and x-rays are provided along with antenatal care, an ENT specialist, an ophthalmologist and a dentist. Special clinics are held for family planning, immunisation and cancer detection. Classes are held for local village women where talks are given on health and hygiene, budget management, simple cookery and teaching young women to sew for a living. Alongside the clinic is a school for jhuggi children. The DCWA provides these children with all educational requirements plus a nourishing meal daily, shoes and uniform.

We have once again started daily clinics at jhuggis around South Delhi. The Lieutenant-Governor of Delhi kindly donated a van for this purpose.

'H.A.T.P.' (Hospitals Aid Training Programme) for school dropouts was launched in 1993. The Hospital Association of India has approved this programme and certificates are awarded to the students on completion of the six months course.

Fund Raising

Originally the clinic was run on a purely voluntary basis but with growth there has been an increasing need for some permanent staff such as nurses, a physiotherapist, pharmacist, x-ray technician, clerks and cleaners. All the doctors' services and the unskilled help are given voluntarily but running a busy clinic requires money. DCWA members arrange various fund raising functions to meet the running expenses of the Centre. Annually in November an International Charity Bazaar is organised with active help from the Diplomatic Missions in Delhi. Throughout the year we hold charity craft sales and jumble sales as well as an Annual Charity Ball in the spring.

Membership

Membership of the Association is open to all women of the Indian community and women from other countries residing in Delhi. The ratio of membership is maintained as far as possible to two thirds Indian and one-third from other countries. Membership application forms can be obtained from:-

If you would like more information please contact:-

The Membership Chairperson
Kathy Pritchard
A 54 Gulmohar Park
New Delhi 110049
Tel. 6862245

DCWA Medical Centre
Zamrudpur
Kailash Colony Extension
New Delhi 110048 Telephone 6427878

KUMARI - THE LIVING GODDESS

By John Borthwick

There are eleven living goddesses in Nepal known as Kumari, "virgin". These young girls are regarded as temporary embodiments of Taleju Bhawani, who in turn is a manifestation of the fierce female deity Durga, the Universal Mother.

The three most important Kumaris are each associated with one of the three main towns of Kathmandu Valley: Patan, Bhaktapur and Kathmandu. The most influential of the Kumaris is known as the Royal Kumari of Kathmandu. As Taleju, the protectress of the state, this girl is regarded as being so powerful that her annual blessing to the King, his family and officials is considered essential for the sovereign's successful reign.

This beautiful girl, who must always wear red, her hair in a topknot and a painted third eye, lives a strange and paradoxical life. From her investiture as a small child until puberty, she has no name and lives in isolation. She commands more power among her people than almost any living person, and yet at the loss of a tooth, or of menstrual blood, she immediately reverts to mere mortality. She is a Buddhist, but is worshipped as both a Hindu and a Buddhist goddess.

Kumari-puja, or virgin-worship, dates back more than 2600 years in India. The goddess Kumari has been worshipped in Nepal since possibly the 6th century A.D. In the 14th century, Hari Singh Deva fled from his north-Indian kingdom to Bhaktapur, bringing with him the practice of worshipping his dynasty's protectress, Taleju Bhawani. From then onward Taleju has been regarded as the chief protective deity of Nepalese kings.

The origin of the belief that Taleju incarnates in the living Kumari dates back to around the 17th century and to the story of Jayaprakash Malla and his lust for the goddess. Thereafter, Kumari-worship by the King, his officials and subjects became widespread within the three Valley kingdoms of Patan, Bhaktapur and Kathmandu.

During the great festival of Indra Jatra, the Royal Kumari emerges on one of the few occasions of the year. Leaving her palace, the tiny red-clad goddess, is carried in an ornate palanquin. Thousands of people fill the streets to see her. Police, guards, and her personal attendant, the Kumarima, ensure that she is never defiled by contact with

the earth.

During another important Hindu festival, Dasain on the "black night" of kalratri, 108 buffaloes and 108 goats are brought to the courtyard of the Taleju temple and tethered to stone pillars. Their throats are slit so that their jugular spurts drench the ground. The heads are then severed and taken up to the temple as offerings to Taleju. The following night the royal goddess walks on a cloth to the temple. Inside, she is seated in the midst of all the severed heads and is worshipped by a priest. The details of these particular rites remain secret.

The gouts of blood and severing of heads during Dasain are also part of the selection process for the Royal Kumari. As soon as a reigning Kumari gives evidence through one of the disqualifying signs that she is mortal and that the spirit of the goddess is thus deserting her, the Kumari informs a senior priest. He in turn informs the King and the royal astrologer and the elders of certain bahals, or temple lodges, who have eligible daughters.

The Royal Kumari is always a Buddhist girl of the Sakya caste. The girls are examined for the "32 perfections of a goddess," but almost certainly the list is simple: she must have had perfect health, with no serious illnesses (especially small pox), unblemished skin, black hair and eyes, no bad body smells, be premenstrual, and have lost no tooth. Her horoscope must in no way clash with the King's. It is usual to select a girl who is weaned and can walk. In addition, the

selection committee regards her family's general reputation for piety and looks for calmness and fearlessness in the girl.

The girl who is nominated then undergoes an extraordinary test on the night of kalratri, when she must pass by all the slaughtered animals without showing any fear. If she maintains a perfectly calm demeanour through the circuit of carnage she is then taken by the priests into the Taleju temple and installed as goddess.

This ritual is closed, but probably consists of Tantric ceremonies to remove all past experiences from her body. She then becomes a perfectly pure vessel for the spirit of the goddess to enter. The ceremony reaches its climax when the girl, who is now wearing her Kumari top-knot, a red tika mark on her forehead to represent the third eye, red vestments, red painted toes, and elaborate jewellery, takes her



seat on the lion throne. At dawn she leaves the temple and walks through a huge crowd, treading on a white cloth as she goes across the public square to her official residence.

She has now become Taleju (Durga in the form of Kumari). Simultaneously, to Vajrayana Buddhists she has become their chief Tantric deity, Vajradevi. From now on, she is sequestered in her small palace and, apart from less than a dozen ceremonial occasions each year, views the world only through the ornately carved lattice of her window. Each day she is adorned by the Kumarima in her red clothes and elaborate black eye make-up, and then taken to her throne for puja performed by the Hindu Achaju priest.

She spends several hours each day upon her throne, receiving up to a dozen visitors, who may range from peasants or patients (particularly those with bleeding problems) to government officials. During their supplications and offerings, her movements are regarded as omens. If she cries or laughs loudly, the worshipper is said to become seriously ill or even die. If she weeps and rubs her eyes, the worshipper will die immediately. If she trembles, the person will go to jail; clap her hands and he will have cause to fear the King; pick at the food offered, he will lose money. If none of the ominous signs appear, the worshipper's wish will be satisfied.

Because she is a goddess she may not be given orders by others, yet she may not be capricious to the point of being "ungoddess-like." Her few playmates are expected to obey her and she must be given any toy she desires. As a goddess she is expected to be omniscient and, traditionally, receives no schooling. Nowadays it is recognised that this is a serious handicap once she returns to ordinary life, and a Kumari now receives some instruction in reading and writing.

A girl remains Kumari until she reveals any of the signs that show her to be human rather than divine. Should a Kumari fall ill, a doctor may be summoned only if the illness is so serious that she is first declared to be no longer a goddess.

There are a number of former Royal Kumaris, some of whom have held the position up until the age of thirteen and even sixteen. When one is declared unfit as Kumari, she immediately ceases to be regarded as a goddess, goes through a final puja, and hands back her jewels and red garb. The spirit of the goddess is said to have vacated her body. She now returns to her family, but probably never to normal life.

Few marry, for Kathmandu suitors are not overly keen to wed an ex-Kumari. The girls are believed to retain some of their divine power, and the idea of marrying a woman in whom the demon-slaying, blood-drinking Durga once dwelt is a daunting prospect. Superstition has it that this power can even be fatal to a husband. Even those who do not credit the girl with supernatural powers point out that a girl who for years has been the object of male veneration and fear, and has had every whim satisfied, must have difficulties in adapting to the new role of a humble wife.

As well as the Royal Kumari, the Kathmandu Valley has three other Kumaris who are worshipped only in their own localities. The capital's sister cities of Patan and Bhaktapur have two and three Kumaris respectively, and elsewhere there are another two local Kumaris of lesser importance. There are also a number of Gana Kumaris, groups of girls collectively worshipped on special occasions.

The tradition of Kumari-worship is still strong in Nepal, and although it has been modified slightly by education and parental reluctance, it can be expected to continue. Meanwhile, the Nepalese ability to embrace new qualities has taken a quick and practical turn from legend-time into present-time. In recent years the State has financed the appearance of five girls known as the Pancha Kumari. Whenever the King or a visiting head of state arrives at Kathmandu's Tribhuvan Airport, the teenage girls welcome the dignitaries by placing flower garlands around their necks.

Downloaded from the Net

JOKE TIME

An old couple realises they're having problems remembering things, so they go to their doctor to get checked out. After examining them both, the doctor explains they're physically okay, but might want to start writing things down and making notes to help them remember things.

The couple thanks the doctor and leaves. Later that night while watching TV, the old man gets up from his chair and his wife asks, "Where are you going?" "Just to the kitchen," he says. "Well, while you're there, will you get me a bowl of ice cream?"

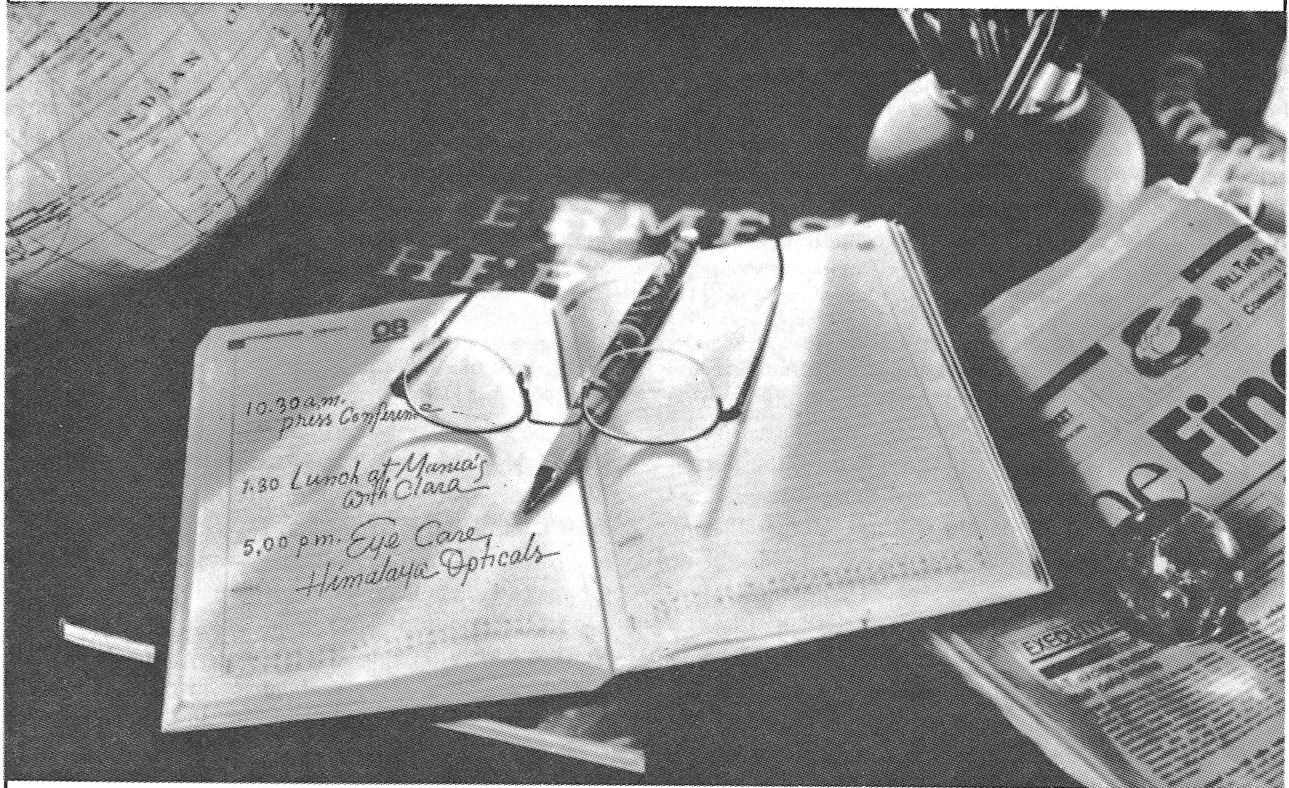
He replies, "Sure." She then asks him, "Don't you think you should write it down so you can remember it?" He says, "No, I can remember that much." She then says, "Well, I would like some strawberries on top, too. Can you remember that? Really, you'd better write that down so you don't forget."

He says, "I can remember that; you just want a bowl of ice cream with strawberries."

She replies, "Well, I also would like whipped cream on top. Now, I know you'll forget that, so you'd better write it down." With irritation in his voice, he says, "I don't need to write that down! I can remember that!"

He fumes into the kitchen. After about 20 minutes he returns from the kitchen and hands her a plate of bacon and eggs. She stares at the plate for a moment, then looks up and says peevishly, "I told you you should have written it down; look here, you forgot my toast."

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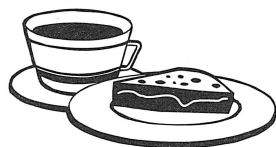
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I N S T R U C T I O N S F O R L I F E

1. Give people more than they expect and do it cheerfully.
2. Memorise your favourite poem.
3. Don't believe all you hear, spend all you have, or loaf all you want.
4. When you say, "I love you," mean it.
5. When you say, "I'm sorry," look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams. People who don't have dreams don't have much.
9. Love deeply and passionately. You may get hurt, but it's the only way to live life completely.
10. In disagreements, fight fairly. No name-calling.
11. Don't judge people by their relatives, or by the life they were born into.
12. Teach yourself to speak slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Take into account that great love and great achievements involve great risk
15. Call your mother.
16. Say "bless you" when you hear someone sneeze.
17. When you lose, don't lose the lesson. (Very true !)
18. Follow the three Rs : Respect for self, Respect for others, Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realise you've made a mistake, take immediate steps to correct it.
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry a person you love to talk to. As you get older, his/her conversational skills will be even more important.
23. Spend some time alone.
24. Open your arms to change but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books. Television is no substitute.
27. Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is the foundation for your life. Do all you can to create a tranquil, harmonious home.
30. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
31. Don't just listen to what someone is saying. Listen to why they are saying it.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray or meditate. There's immeasurable power in it.
35. Never interrupt when you are being flattered.
36. Mind your own business.
37. Don't trust anyone who doesn't close his/her eyes when you kiss.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. It is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a wonderful stroke of luck.
41. Learn the rules so you know how to break them properly.
42. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Live with the knowledge that your character is your destiny.
45. Approach love and cooking with reckless abandon.

Submitted by member Dolores Feliu (Lola Hanson)

Something to do



Newcomers

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

Navjyoti-Delhi

Police Foundation

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Rhonda Williams on 687-2161 ext 2255 for details

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Sasha Moss 680-1514 or Serita Kakar 461-9627 for details.

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

United Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for underprivileged children. For details call Sherine on 696-0233 or Jill on 687-9685.



Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Yoga

- ♦ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 617- 6290 between 12 and 3 pm.
- ♦ Yogesh Kumar, phone 623-3996.

Needlenuts

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Mavis Stupple on 680-1257.



Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

Patchwork & Quilting: A Complete Course

For more information call Phil Thomas on 556-5569.



Babies and Toddlers

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park.

Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Art Classes

Gouranga Ghosh teaches drawing, water colour painting and other art techniques to individuals or groups in their homes.

Call him on 463 5035 or 464-0310.



Adult Education

The American Embassy School offers evening courses beginning in August. Contact the school for current programme/fees.

Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September.



Hindi Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

French speaking

Femmes Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Catherine Walden on 680-2175 or 98100 74100.

German Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities.

Y-10 Green Park, behind McDonalds, phone 696-8016, 8043



Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

Scottish Country Dancing

Thursdays 8pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.



Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



TINA GARG

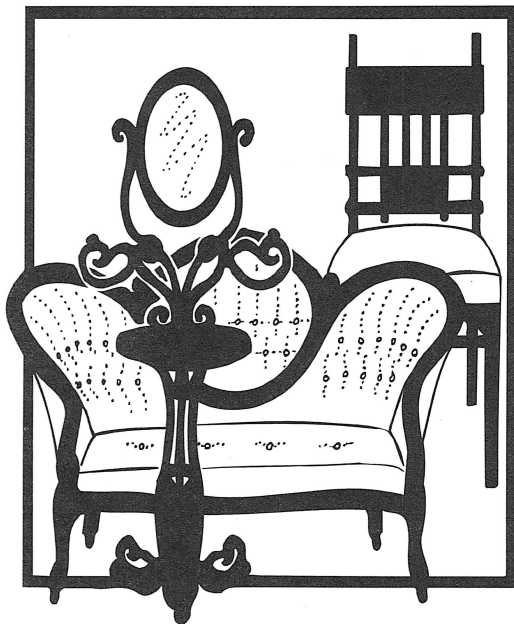
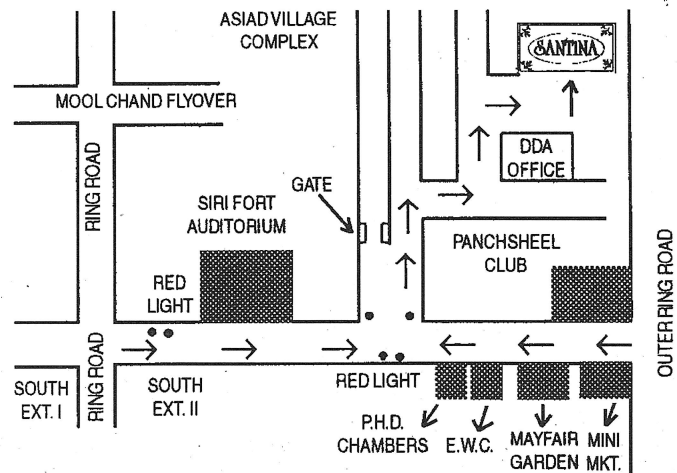
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Denise Edwards, Delhi Network Newcomers

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FROM THE CHRISTMAS KITCHENS OF VICKI FENNESSY'S MUM!

TRADITIONAL CHRISTMAS PUDDING

12 ozs. raisins	12 ozs. sultanas
8 ozs. currants	6 ozs. chopped prunes
6 ozs. chopped mixed peel	1 large carrot
Grated rind of 1 lemon	3 ozs. chopped blanched almonds
6 ozs. sugar	8 ozs. softened butter
4 ozs. soft breadcrumbs	4 ozs. plain flour sifted
1/2 teaspoon salt	1/2 teaspoon nutmeg
1 teaspoon mixed spice	4 large eggs
1/4 pint milk	1/2 cup brandy
1/2 cup stout (or rum or whatever)	



Grease two small or one large basin

Mix all dry ingredients together

Beat the eggs and add all moist ingredients. I generally mix all the fruit, and add the alcohol while I'm doing the others.

Mix dry and moist ingredients together

Fill basin or basins. Cover with two layers of silver foil and tie securely with string

Boil steadily for 6 hours for a large basin and 4 hours for a small basin. Take care the water in the pot does not dry up, the water should come half way up the side of the basin – not too high or it may enter the basin during boiling.

Heat day of serving for one hour. After cooking, the pudding can stay in the fridge for up to 3 months, but it is recommended that the silver foil paper be changed after the initial boiling is done. If cooking in two small basins, one can be frozen for up to 12 months.

N.B. Most dried fruits can be obtained at INA market at the spice stores. If you can't get a particular fruit, then just mix up whatever you can get, as long as the weights tally up. The dried fruit bought loose in India must be washed first, so rinse them through several times until the water is clear, then let them dry under a ceiling fan on paper for a couple of days, before cooking the pudding.

BRANDY SAUCE

Separate whites and yolks of 2 eggs into separate bowls

Whip 300 ml cream to soft peaks. Stir in 4 tablespoons brandy.

Beat egg whites until stiff but not dry, then gradually beat in 1/2 cup castor sugar, then fold in lightly beaten egg yolks and add to the cream and brandy mix.

You will probably want to double or triple or quadruple this recipe, depending on how many you are serving. This sauce is so delicious that everyone will want a generous helping!

JOKE TIME

Two tourists were driving through Louisiana. As they were approaching Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth until they stopped for lunch.

As they stood at the counter, one tourist asked the blonde employee, "Before we order, could you please settle an argument for us? Would you please pronounce where we are... very slowly?"

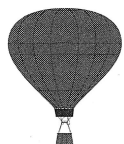
The blonde girl leaned over the counter and said, "Burrrrrrrr, gerrrrrrr, Kiiiiing"

SPORTS



Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687-2161



Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



Bowling

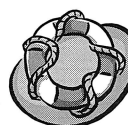
Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32nd Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

Delhi Tourism (3314229) provides facilities for:



Cycle Tours

Amar Jeet Singh 336-5358, 336-3607
Adventure Tourism



Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day. Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



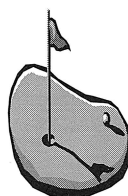
Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



Golf

Delhi Golf Club
Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235
The Meadows Golf Course, located on Sohna Road, near Gurgaon. , Tel: 687-2274



Polo

Army Polo & Riding Club, Tel: 569-9444/555
The Indian Polo Association,
Tel: 301-5604
Polo Season: October-February



Tennis

Delhi Lawn Tennis Association, Jawaharlal Tennis Stadium, Tel: 462-9400

Also:

Ladies Open tennis meets Tuesdays and Thursdays from 8.30-11.30 at the American Embassy School courts. Call Ruth on 463-6594 for details.



Sailing

Defence Services Sailing Club,
Tel: 301-9604



Shooting

Dr Karni Singh Shooting Range,
Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

SERVICES

ANIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114.

AROMATHERAPY

Trish Holmes is a qualified aromatherapist with four years experience. Products are imported from the UK. Call Trish at 687-2161 extension 2497.

AROMATHERAPY/MASSAGE

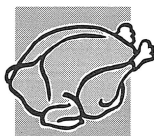
Mary Blade is a London-trained therapist using organic essential oils imported from U.K. Call her on 462-1208.

BEAUTY CARE

Conchita Wagner-Moral has 20 years experience in the beauty field all over the world. She has just opened an exclusive salon where you can have any of the latest treatments from Europe, from waxing to non-surgical face-lifts. Call Conchita at 683-2703 or 683-5105 for a free consultation.

CHICKEN

MESH - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048



FOOD AND DRINK

Kingsbarn is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.



FURNITURE

Visit **Rhonda Williams'** Fusion Design Furniture Showroom for furniture for your home, office, garden and pool. Traditional European style sofas, chairs, beds, tables, desks, cabinets and more are available. Special orders to meet your specifications will be undertaken. Visit our showroom at 28 B/7 Jia Sarai (near IIT) between 11 am and 3 pm Monday to Saturday, or call for an appointment: 685-3460.

JEWELLERY

Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

MASSEUSE

Laxmi has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

MIRROR MIRROR

Based on more than 30 years as a furniture designer and fabricator, **Vidhu Ganjoor**, along with her US-born husband **Buzz Burza**, have researched and produced a line of finely designed and crafted mirrors in their Delhi workshop. Mirrors and old boxes are on display by appointment. Expert at restoration of property - buildings, etc., furniture as well - can take care of any wooden items. Call 220-9129/223-0415, 34 Gagan Vihar, New Delhi.



PET CLINIC

12 Noon -2pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servants Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Mary Oliver/Cheryl McCarthy on 419-8000 ext. 8356 during working hours. Some pet items are available.



SERVANTS REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 4131. If you are leaving and need help writing a reference letter, come by and see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.



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JAINISM

The word "Jain" is derived from the Sanskrit *jina*, meaning "conqueror", an epithet given to the 24 *Tirthankaras* or "Fordmakers" who, through austerity, conquered their minds, passions and bodies to attain deliverance from the endless cycle of rebirth. Jainism is still the most ascetically demanding of all India's religions. Its purpose is not the glorification of an absolute god, but the attainment of self-perfection by the gradual abandonment of the material world,. At the heart of Jain religion is the belief in an extreme form of *ahimsa* (non-violence), which demands that no living being should be hurt since, in the words of a Jain motto, "all living creatures must help each other".

Mahavira, last of the 24 Fordmakers, was the greatest of all Jain ascetics. From the moment of his renunciation, he went naked and is held to have had no concern for sleep, cleanliness, food or water. By imitating his life and through the eradication of all ties with the material world, Jain monks and nuns hope to follow him to liberation. Jain scriptures list 10 reasons for renunciation – ranging from anger to the memory of previous births – which lead men and women to enter initiation (*diksha*) into asceticism.

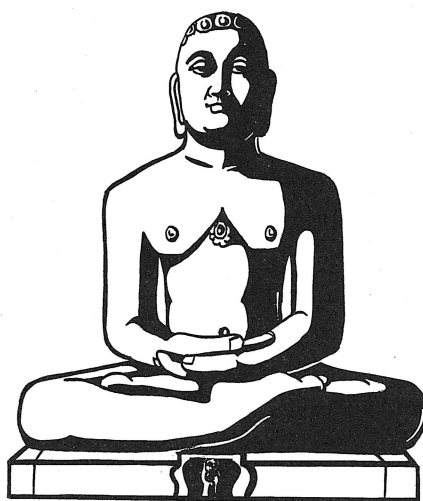
The best known part of the initiation is the ceremony in which the entrant pulls out his or her own hair in order to symbolise austerity and the abjuring of sexuality. Although Jain scriptures describe ceremonies in which naked monks pulled their hair out in great handfuls, many initiates today shave their heads before the ritual, leaving small tufts that are easier to

extract. After ritually joining a Jain order, the ascetic takes 5 "great vows" (*mahavratas*) and promises to put them to good use. The first is the vow of total non-violence. The ascetic swears never to kill any life-form and to reject and repent of any acts of violence.

Jain non-violence governs every aspect of daily life. The ascetic should be careful when walking in case a life-form is harmed under his or her feet. Any speech that incites or suggests violence must be avoided, as must any violent tendencies in the ascetic's own thoughts. All food and drink must be inspected in case a life-form is ingested and care must be taken, when putting down an alms bowl, not to harm any creature. The ascetic is handed a brush to sweep insects from his or her path, and a mask is always worn to prevent breathing in tiny organisms. Jain ascetics may not prepare food, and they may only drink water that has first been strained.

The last Fordmaker, Mahavira, is credited with the founding of modern Jainism. He was a contemporary and rival of the Buddha, with whom his story has much in common. Both were of noble birth and renounced society at a similar time of life to wander with bands of ascetics. Like the teachings of the Buddha, Mahavir's doctrine was based upon the possibility of release from desire, suffering and death, but whereas the Buddha taught the Middle Way between luxury and asceticism, Mahavira is famed for his severe asceticism and complete rejection of the material world.

Taken from Living Wisdom India by Richard Waterstone



THE PAPAYA – A Digestive

The papaya is loaded with carotene, potassium (which helps in maintaining the balance between fluids inside the outside the human cells) and enzymes (which work as catalysts in the innumerable chemical reactions constantly taking place inside the human body). It contains a powerful enzyme called papain, which is similar to pepsin found in our stomachs. It prevents an improper protein break-down in the system resulting in the avoidance of many allergies and stomach ailments. Like the legendary apple, the papaya too "keeps the doctor away". How to Use It :

Ailment

Liver and Spleen
Dead, flaky skin on face; freckles
Intestinal worms, eye-diseases,
constipation, anaemia
Festering wounds
flame.

Prescription

Take a big portion of papaya every day with one tsp of honey
Take a ripe papaya slice and mash the pulp. Use it as a face-pack overnight

Eat a bowl of papaya a day
Apply a little castor oil on a portion of the papaya leaf. Warm this slightly on a
Dress the wound with it.

An edited version of a piece in the Indian Airlines magazine Swagat October 1999



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email: shirinakbar@hotmail.com

RELIEF FOR CYCLONE VICTIMS IN ORISSA

All of you will have heard of the appalling situation in Orissa after the recent cyclone that went through.

Help is being given from many quarters. Meanwhile a representative Oriya organisation in Delhi have made arrangements for collecting donations at Sree Neelachal Seva Sangha, Jagannath Temple, C block, Safdurjang Development Area - which is near Hauz Khas Village.

Relief items like clothes, blankets, sweaters, utensils, medicines, chlorine tablets, soaps, milk powder and candles will be welcome. Those wishing to donate may phone at 686-8488 and 696-6978.

Alternatively, if more convenient, you could leave any donations at the Delhi Network office on the 17th November and our Charity committee will arrange to take the donations to the Temple on the 18th.

INDIAN BLURBS FROM BUZZ BURZA

Requiem for Gwalior

The unavailability of train reservations to Mumbai recently caused me to do something that I had not done since 1965 : I went through Gwalior without stopping. It was just prior to Diwali in 1965 and I had just arrived in this fair and marvellous land as a callow American Peace Corps volunteer. I, and the group I had trained with over the preceding three months, had spent several days ensconced in the baronial grandeur of Delhi's Maidens Hotel. Little did we know that the tight cohesiveness that evolved during our training was about to be shattered forever when we were dispersed to our respective postings.

We entrained on the mythical Number Five Down, the Punjab Mail, cocooned in a reserved First Class bogie for the journey to Bhopal. It was the last time we had the sanctity of the group to protect us from whatever lie outside the door. We watched the splendour of India roll by as the train worked its way through Central India. None of us would comprehend the enormity of the world that awaited us once we left the confines of this last sanctuary.

The omelettes that arrived for breakfast proved largely inedible because of the chillies. Ditto for lunch's mutton. Although none of us could have realised it at the time, soon we would be eating such food as if it were our second nature. Bhopal finally arrived. A beery hazy night in the never-never land of the MLA hostel was all that remained between us and the magnificence of South Asia.

Early the following morning we left by jeep for Gwalior. I have indelible memories of simians silently lining the roadway munching whatever while watching the traffic glide by. It was late afternoon when we

reached Shivpuri where the first inkling of what Diwali meant was made manifest " the lights, the fireworks, the unending crowds. We reached Gwalior at 7 p.m., where the spectacle of Diwali and all that it entails was in full swing. It was, without question, the finest and most fitting introduction to all that India is.

Awaiting me was an anxious Peace Corps Volunteer for whom I was to be a long-awaited housemate. Alongside was a beaming cook and a table set with the first in what would be a long line of the greatest grub. "Salaam Sahib" was the cook's opening gambit. "Salaam Sahib" was my immediate reply thereby establishing what would be for me a lifelong pattern of greeting our Islamic brethren. Something told me it was the beginning of a beautiful relationship. How beautiful and how long lasting I could never have known.

Several weeks ago I spent ten minutes in the early morning's chill still on Gwalior's platform number one drinking tea and recounting the past three decades. A decade living in India half in Gwalior; an understanding, wonderful and encouraging Kashmiri wife; a fist full of middles published in *The Times of India*; a small but significant body of modelling and acting; returning to Mumbai to act in a couple of films. The train left and I watched Gwalior's Platform Number One slip into the night and I sadly realised it would be some time before I would return to this marvellous town with the fort.

Published in The Times of India July 23, 1997

Answer to Jackies Quiz from Page 14

What is easily forgotten is that the juggler must push himself up with extra force on the bridge to catch and re-launch a pin (compare with the recoil of a rifle). While pushing up he becomes extra heavy – heavier than the combined weight of himself and the pin – and crashes through the bridge. On average he will weigh just $78 \text{ plus } 3 \times 2 = 84$ kilos while crossing, but because of the juggling his actual weight fluctuates around that 84 kilos. How will the juggler do if he always has exactly one pin in hand (and therefore two in the air)? If we assume that during the catching and re-launching process he exerts a constant vertical force on the pin, it turns out that this force is exactly three times the weight of the pin. So in this special case the total weight is constantly equal to the sum of his own weight and that of three cones, i.e just as if he were carrying the three cones under his arm. In general, however, things won't go exactly as assumed here and the weight will still fluctuate, but on average he is clearly too heavy. Answer A is correct.



INDIAN CRAFTS

MASKS AND THEATRE

*Inward grief was writhing o'er its task
As heart-sick jesters weep behind the mask*

Thomas Hood

Traditional theatre art was in fact treated as a science, compiled in the Natya Shastra. Bharata Muni, the father of Indian theatre and dance, visualised this art to be all-encompassing. Every discipline of art and craft should be reflected in drama, all of it in the right manner and proportion.

The celestial architect, Vishwakarma, was himself commissioned to build the first theatre hall, the Natya Shala. The great sage envisioned that the sensitivity required to view drama had to be inspired by the ambience of the hall. So the plinth of the stage, brackets and pillars were carved, walls were painted – not to overpower, but gently stimulate the senses.

In abhinaya, the art of acting, aharya is one of the four cardinal aspects – that is, acting through make-up and costumes. Which means that it was considered as important as vachika (dialogues and songs), angika (language of hands) and sattvika (expression through complete empathy with the role). Given this significance, treatment of mythical characters, gods and demons especially became a challenge. They had to be shown as super-real. The humanness of actors had to be disguised.

This is where masks came in, or a mask-like painting of the face as in Kathakali. And elaborate costumes. Stupendous headgear, too. From top to toe, the character was compellingly stylised and exaggerated, to be distanced from reality. Moreover, gods, demons, the good, the bad, the wise, were astutely given identifiable features in masks, make-up or dress so the audience knew immediately who they were.

As with tribal societies elsewhere in the world, masks can have ritualistic overtones, too. It is believed that the person wearing a particular mask acquires magical powers, or 'becomes' the character represented. This belief is very strong among the Buddhists along the Himalayas, who have special festivals where lamas dance with masks. In the Kully valley, the deity 'speaks' through a brass mask called mohara. Karnataka has an ancient cult of the bhootas, spirit deities, who are propitiated through masks. Again, in northern Kerala, the actor dancing the Teyyattam first goes through long rituals and pujas, after which the spirit of the particular Teyyam is said to possess him.

The creation of aharya calls not only for skilled craftsmanship but a sensitive understanding of what is required. Expression on a mask is so important, for it has to substitute that on the actor's face. It is telling that these craftsmen and artists are traditionally given a status equal to that of the actual performers – for they too have to perfect the grammar of the performing arts.

In the classical Kathakali dance of Kerala, the face itself is made into a mask. It is painted in a highly stylised fashion, and takes hours before each performance. Natural features are completely obliterated. Eyes are enlarged, as subtle eye expression is vital to the dance. The white of the eyes is reddened by placing eggplant seeds under the lower lids. The idea seems to be to attract the viewer's attention continually to the face which, mask-like, conveys the image of a particular character. Pacha (green) make-up is for the virtuous ones and gods. Kathi (knife) is for demons – pacha mixed with red, with white pith balls stuck on the nose and forehead. Tadi (beard) could be white for pious like Hanuman, red for vain like Vali, or black for savage like Kirata. Female characters, played by males, have minukku (shining) make-up for most and kari for demonesses. Rice paste, charcoal, lime, indigo, red lead, arsenic, turmeric and ghee are materials used. Flat panels extend the sides of the face and enhance the mask impression. Costumes are stylised billowing skirts, long sleeved tunics over which breastplates are worn, huge round earrings and bells at the angles. Long silver fingernails are attached onto the fingers of the left hand, perhaps to accentuate finger movements. The most imposing are the papier-mache kireetams – towering, shimmering headgear backed by big round discs.

Taken from The Tulika Diary of Indian Crafts Celebrate India 1999

The deadline for the December Newsletter is Thursday, December 2

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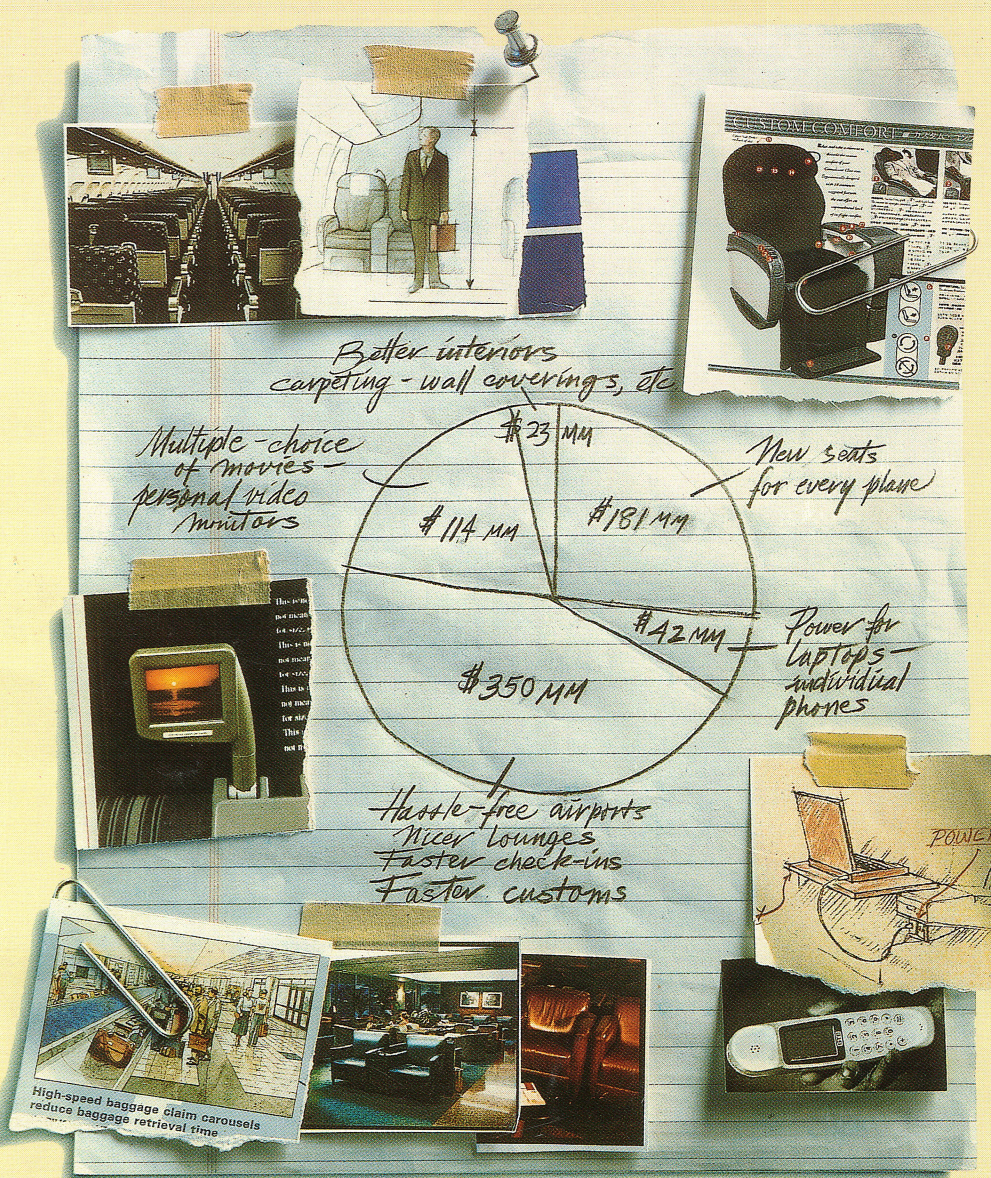
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